



Date: Saturday November 8th, 2014
Time: 11am
Location: 3537 Hartzdale Drive. Camp Hill, PA 17011 - Behind Farr Family Tire
Entry: 25\$ (Free Beer 21 older)

IRONMILL - AUTUMN STRENGTH SHOWCASE

1. Max Log Clean and Press - 3 Attempts ONLY. Jump in at ANY weight. Miss and your out.
The athletes opening weight determines where you will start. Women's log - 10 in. Men's log - 12 in.
2. Max Hummer Tire Deadlift - 3 Attempts ONLY. Jump in at ANY weight. Miss and your out.
3. Harnessed Fire Truck Pull with Rope. 75 ft course - Flat. All Men - Firetruck. All Women - Brush Truck
4. Super Yoke - Head to Head - 75 ft. Unlimited Drops.
5. Stones Load Series. 4 stones and 4 Boxes. Load to 48 - 50 - 52 - 54 inch platform.
Each box will be set approximately 20 ft apart.

Yoke Weights - Men - All Classes 200 and Under - 550lbs.
Men - 200 - 250lbs + Novice 250 + - 650lbs.
Men - 250lbs over - 750lbs.

Women - Novice 150lbs under - 300lbs
Women - Novice 150lbs over - 350lbs
Women - Open 150lbs under - 350lbs
Women - Open 150lbs over - 400lbs

Stone Weights - Men - All Classes under 250lbs - 220, 255, 290, 320
Men - All classes over 250lbs - 255, 290, 320, 365
All Women - 125, 145, 175, 205

*Split times will be taken on each stone. Women's Platform Heights will be adjusted 4 inches lower.